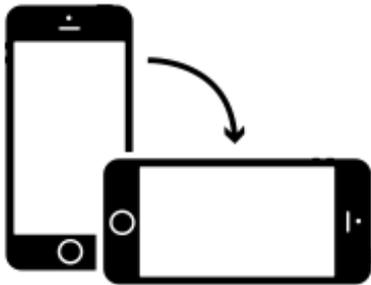# Tips for recording professional video with a smartphone or device

1. Shoot landscape, not portrait

Computer monitors, televisions and social streams all have landscape-orientated video displays. Please turn your phone on its side and record your video in landscape.

2. Stabilise your phone/device when recording

Limit the amount of movement by stabilising your phone or device. You could use a tripod, or simply lean your phone or device against a solid object for support while filming.

3. Framing – front and centre

For pieces to camera, position yourself in the centre of the frame as best you can, and at a distance where your head and shoulders are in the shot. Speak directly to your smartphone's camera and not the screen.

4. Lighting

Filming in an area where there is natural light is great in almost every instance. When indoors, positioning yourself near or facing towards a window is best. Having a window behind you can create shadowing. Be mindful of lighting from above (ceiling lights) as they can also create shadowing.

5. Audio and noise

Recording directly in to your smartphone or device's built-in microphone will be sufficient. Find a space in your home that is quiet, free from background distractions, noise and movement. Amplify your voice as best you can.

Additional tips

- Remember to take a deep breath before you commence speaking

- Speak clearly and concisely

- Take your time and relax in to it.

Video length

The aim of this project is to produce a series of short, succinct, candid videos for distribution across social platforms.

When answering questions, please keep responses to **10-15 seconds** in length, if possible.

You may answer all the questions you wish in just the one take, or answer one question at a time. Please make sure you indicate either in the video itself or in the title of the video file what question your response relates to.

How to send my video for editing?

We recommend sending your completed video/s via an online file sharing tool. Our preferred tool is **Dropbox**. (Please contact the team for use of alternative tools.)

Once uploaded, please share access with:

Crystal Hatchard, Communications Officer
Crystal.Hatchard@health.nsw.gov.au

Should you experience any difficulties, please send an email to the above address.